

**IN THE ABSTRACT:**

The abstract has been amended as follows:

A diagonally twisted sole ~~3~~ is proposed which consists of may include an undersole ~~12~~ and of a midsole bottom ~~11~~, the latter midsole bottom being connected to the undersole ~~12~~, and various hard inserts ~~15~~ being able to be introduced into the undersole ~~12~~. Together with a twisted, flexible, rigid or elastic plate ~~16~~, the undersole ~~12~~ can form ~~an~~ a midsole ~~12~~, ~~16~~ which ~~can consist of~~ may include several parts. The twisted plate ~~16~~ is may be a flat plate or a plate of different thicknesses.